



STATE OF CALIFORNIA

BUSINESS, TRANSPORTATION AND HOUSING AGENCY
DEPARTMENT OF CORPORATIONS
California's Investment and Financing Authority

NEWS RELEASE

04-03

Arnold Schwarzenegger, Governor

William P. Wood, Commissioner

FINAL
01/21/04

CONTACT: Kam Coveyou
916-327-6696

****INVESTOR ALERT****

Department of Corporations Takes Securities Enforcement Action Against Self-Improvement Instructor Selling Stock in Phantom Company

Sacramento, January 21, 2004 --- The Department of Corporations today announced that it has issued a Desist and Refrain order against Transitions, Inc. and Janet Lynn Gow, also known as Janet Gow Brehm and Janet Lynn Pfaender Gow, prohibiting the further offer and sale of Transitions, Inc. investments in California.

“Janet Gow sold unqualified, nonexempt stocks and promissory notes in what she claimed was a business that used multi-level marketing to offer self-improvement training programs,” said Kam Coveyou, a spokesperson for the California Department of Corporations. “She promised investors a return of up to 33 percent, and then refused to make dividend payouts or provide statements requested by investors. Californians considering an investment can learn from this case by recognizing that an inflated rate of return is a clear warning sign that an investment might not be on the up-and-up. Always check with the Department of Corporations to make sure an investment has been qualified by the state.”

Gow conducted personal training seminars throughout California in 1999 and 2000. The seminars covered topics such as integrity, positive attitude, reliability, self-image, self-awareness and conflict resolution. In 2000, Gow began soliciting seminar participants to invest in Transitions, Inc.

Investors received Transitions, Inc. documents showing a corporate address of 13014 N. Dale Mabry Hwy, Tampa, Florida. The company located at this address is a commercial business that

(More)

rents mailboxes. Gow also indicated that Transitions, Inc. is a corporation, yet there is no record of its corporate existence in either Florida or California.

The Department of Corporations is California's Investment and Financing Authority, reporting to the Business, Transportation and Housing Agency and the Governor. The Department is responsible for the regulation, enforcement and licensing of securities, franchises, off-exchange commodities, investment and financial services, independent escrows, consumer and commercial finance lending and residential mortgage lending. For further information or to obtain a complaint form, see the Department's Web site at www.corp.ca.gov or call 1-866-ASK-CORP (1-866-275-2677).

###